

Passing down the ball

▶ London City Soccer Club is the oldest professional soccer club in North America ▶ Team has been passed down through three generations of Gauss family ▶ They lost both games this season heading into Friday's home opener



After three generations of long hours, hard work and money spent, Ryan Gauss wants to be there for the payoff.

The general manager and CEO of London City Soccer Club wants to "achieve something great."

"(We're) really trying to finally get back into the playoffs after a decade, and finally trying to really make a run here and get Londoners excited about professional soccer again," said Gauss. "I think that's why I haven't bowed out."

Gauss's paternal grandfather, Markus, started the team in 1973; Gauss's father Harry took over a few years later.

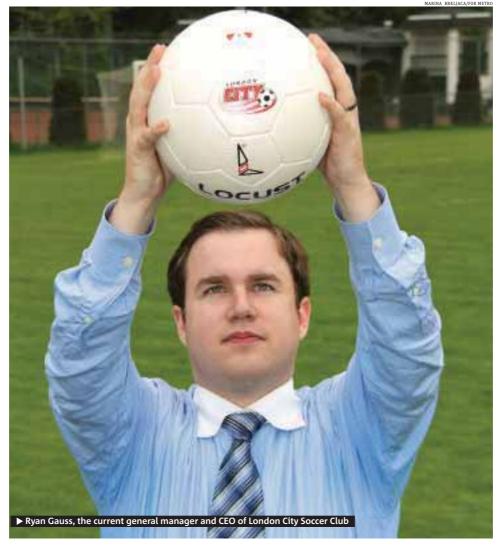
From the get-go, it was a hands-on operation, sometimes on hands and knees.

"Growing up, I was at the field every game with my dad, selling game-ball tickets for the raffle for the game ball, cleaning underneath the stands and doing just about everything," said Gauss, giving credit to the team's "amazing support staff."

"I've done every job that I could do at the club, and I still

Spectator sport

- ► Home opener: Friday, 8:38 p.m. vs. Brampton City United.
- ➤ Where: Cove Road Field German Canadian Club.
- Tickets: \$6 advance online (londoncity.ca); \$10 at the door.



"There's no titles here. Each one of us works hard to put on a good show and put the best product on the field possible. I think that's the way we've been around so long."

GENERAL MANAGER AND CEO RYAN GAUSS ON LONDON CITY'S STAFF

do it. I'm still out there cleaning under the stands, I'm still out there putting up banners — I'm still out there doing it all. It's a very grassroots organization."

Five years ago, Harry was diagnosed with a brain tumour and Gauss took over on what was intended to be a temporary basis. Harry died two years ago, and Gauss became CEO.

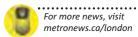
"When I took over five years ago, it was to keep the seat warm for my dad. When dad passed away, now it's been to carry on his legacy," said Gauss, 25.

"I have a passion for it, but my dad lived and breathed this club."

And how do you put a price tag on passion?

Gauss said the team can lose up to \$25,000 per season, and wouldn't exist without its sponsors and community support.

"Yes we lose some money, but that's a decision that my dad made — my family made — years ago to do," Gauss said. "And we keep going, keep going."







% AVAILABLE ON ALL 2011 MODELS



ALL VEHICLES INCLUDE:



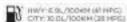




2011 KIA SPORTAGE



\$3,370 down payment.
Offer includes delivery, destination and fees of \$1,784.





WE'VE GOT YOU COVERED

15-year/100,000 km wony-free comprehensive warrant

*5-year/ICC 000 km evitra care roadside essistante *no deductible d'erge



2011 KIA SORENTO

\$19,895 \$4,100 IN CASH SAVINGS

\$21.679

Offer includes delivery, destination and fees of \$1.784



Visit kia.ca/daretocompare to learn more. Making informed decisions – that's how we can all drive change.

Follow us pre







2011 KIA RONDO



\$1,500 &



HWY: 7.81,700KH (\$8,4PG) CITY 10,61,700KH (\$7,4PG)

KIA MEMBER REWARDS

Earn points towards future discounts.
It's FREE and it's incredibly rewarding.





Kia's new Customer Friendly Pricing Includes delivery and destination fees and all mandatory government levies.

Prices do not include dealer administration fees (\$399 to \$699), licensing, PPSA or applicable taxes.

The support of the control of the co







Safety blitz to focus on youth workers

► Mayor Joe Fontana, Attorney General Chris Bentley and London-Fanshawe MPP Khalil Ramal were among the officials attending Charles Sousa's workplace health and safety visit at the Aquatic Centre



▶ Ontario Labour Minister Charles Sousa talks to lifeguards at the Aquatic Centre on Wonderland Road about the importance of health and safety at the workplace. Sousa spoke to city officials, employees and young workers at the Aquatic Centre yesterday about the four-month safety blitz Ontario is launching that focuses on young workers.



Labour Minister Charles Sousa was spreading the word about Ontario's four-month safety blitz yesterday at the Aquatic Centre on Wonderland Road.

During the blitz, which focuses on workplaces with young workers, labour inspectors will visit hundreds of workplaces where young people are employed. They want to make sure risks and workers' rights are known and that employees are properly trained and supervised

Sousa said there will be

"It's great for the ministry to come here and proclaim this new initiative and work with the City of London to make sure we have young workers and young workers are safe."

MAYOR JOE FONTANA

zero tolerance for offenders

ers.
"I cringe when my
BlackBerry buzzes because it's notifying me of
an injury or death," said
Sousa

Sousa, a father of three,

said since being sworn in this past December he has heard too many heartbreaking stories from mothers, fathers and loved ones

At a news conference, Emily Roadhouse, 29, spoke about her family's loss after a workplace accident. Her cousin, Christopher Turnbull, was killed in an industrial accident in North Dumfries Township in 2005.

"If I can speak out, and I can make one person stop and think — I can make one person ask a question, take that extra minute — then I am honouring Christopher's memory," said Roadhouse.

The right to ...

Labour Minister Charles Sousa says young (under 25 years old) and new workers should know:

- They have a right to a safe workplace.
- They have the right to be trained.
- They have the right to supervision.
- They can refuse work.
- To learn more, go to: ontario.ca/ YoungWorkers

London takes action against diseases

Officials with the Middlesex-London Health Unit have launched their annual campaign to prevent West Nile virus, but this year they're also guarding against lyme disease by watching for black-legged ticks.

"West Nile virus and lyme disease ... are transmitted to humans via the bites of infected insects; mosquitoes can carry West Nile Virus and certain ticks can carry lyme disease," said Jeremy Hogeveen, the health unit's vector-borne disease co-ordinator.

"The public can help us reduce mosquito populations by removing standing water from their property, and they can assist in determining if black-legged ticks have arrived here by submitting any ticks they find on themselves or family members."

AM980/AM980.CA

Anyone who finds a tick on themselves, family member, dead crow or dead blue jay is asked to call the

Report it

Health Unit at 519-663-5317, ext. 2300.

Dead crows and blue iavs

may also be reported via

healthunit com

Looking for new Kids on the Block

Get involved with Thames Valley Children's Centre's Kid's on the Block Program and join the team of volunteer puppeteers leading positive change in our community.

As a Kid's on the Block volunteer you will have the opportunity to educate children and adults about abilities, disabilities, social issues and so much more. No experience is required.

For more info, please contact Denise at denise.rowse@tvcc.on.ca





Download the free ScanLife app with your smartphone

2 Use your smartphone to scan 2D barcodes

The codes will direct your mobile browser to

metronews.ca



Interim Liberal Leader Bob Rae says his party heard the message from voters loud and clear. Video at metronews.ca



They've Gotta Dance, you oughta see

Tickets available at Grand Theatre box office, online at dancesteps.ca



Some people think they can dance, others want to dance. For the members of the Dance Steps dance school, they've just Gotta Dance — and Londoners will have two opportunities to see the results of that passion on Saturday at Althouse College.

"We, as dancers, feel that way," said Donna Bayley, the director of Dance Steps Studio. "We just have to dance."

Hence the name of the show, Gotta Dance. All students from both the company and non-competitive programs will appear on stage. In all, approximately 300 students will perform 84 numbers, split evenly

Event details

- When: Saturday, 1:30 p.m., 6:30 p.m.
- Who: Dance Steps' company members and non-competitive dancers, ranging from age four to adults.
- Cost: Adults \$18; students \$14; each show requires a separate ticket.
- Where: Althouse College.

between two shows.

"There are so many different styles, from ballet to jazz, musical theatre to acro to contemporary," Bayley said. "If you love dance and you love music, you're going to be entertained.

"We keep it actionpacked and fun, and there's something to appeal to everyone."

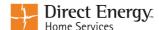


SOMETIMES CANADIANS ARE JUST TOO POLITE FOR THEIR OWN GOOD



It's not rude to ask someone to leave if they intrude on your home. And door-to-door water heater sales is just that, an intrusion. Don't feel obliged to be polite... just say "go away" after all, your water heater is fine. Here's what you need to know.

- Know who's at your door
- Don't sign without the facts
- Don't let just anyone in
- When in doubt call us first!



Before you decide, visit HotWaterStraightTalk.com or call 1-866-502-0034

TM Direct Energy and the Lightning Bolt design are either registered trademarks or trademarks of Direct Energy Marketing Limited in the United States and/or Canada. Use of such trademarks has been licensed by Direct Energy Marketing Limited to its various subsidiaries and affiliates.

News in brief



Mayor named honorary chair

ABILITY FIRST. Mayor Joe Fontana was named honorary chair of the Ability First Coalition, a not-forprofit organization of volunteers that encourages businesses to hire persons with disabilities.

In his first official act as chair, Fontana challenged the London business community.

"I want every business leader and employer to consider how they can recruit and hire more persons with disabilities," he said in a release. "There are multiple tools in place that make the workplace open to everyone, and London should be a leader in demonstrating how a worker's ability is not measured by a disability but by the value they bring to the job."

For more info, visit abilityfirst.ca.

Seniors alert system coming

SILVER ADVISORY. Premier Dalton McGuinty says Ontario will develop a provincewide system to help find missing seniors with Alzheimer's and other cognitive impairments.

The "Silver Advisory," similar to Amber Alerts used when children go missing, will be in effect next year. THE CANADIAN PRESS

No clown check

KID PARTIES. Background checks and licences for children's entertainers aren't in the cards anytime soon in Ontario

Premier Dalton McGuinty says it's up to parents to make sure their kids are safe around entertainers such as clowns. THE CANADIAN PRESS

Guns seized

CRIME. William Marr, 53, of London is charged with several firearm offences after a search warrant was executed on Pawnee Crescent last Friday afternoon.

METRO

HIV-positive man faces second sex assault charge

A 33-year-old HIV-positive London man is now facing a second charge of aggravated sexual assault.

The latest charge against Daniel Gracie was announced during a bail hearing in a London court yesterday.

He was initially arrested earlier this month in connection with a sexual encounter in February 2010. Police allege the suspect had known he was HIV positive since 2002 but did not tell his female partner, who has since tested positive.

No details about the second charge were provided.

AM980/AM980.CA

More victims?

At the time of Daniel Gracie's original arrest, police said they were concerned the suspect may have had sexual encounters with other women and were encouraging them to come forward and get tested for HIV.

McGuinty blasts Tories' health plan

Says health care has never been priority for Ontario Conservatives ● Hudak questions premier's leadership

Premier Dalton McGuinty took aim at the Progressive Conservatives' latest campaign promises yesterday, saying health care has never been one of their priorities and suggested there would be cuts to the sector if the Tories are elected this fall.

The premier said he was intrigued by Leader Tim Hudak's pledge to boost spending on health care by \$6.1 billion over four years if he wins the Oct. 6 election, since he's never asked the premier a health-care question in the legislature.

"Maybe I'm forgetting something, but (I don't recall) him ever standing up and saying that we need to



enhance the number of our nurses, or we need to do more to get wait times down, we need to put a few more family health teams in place," McGuinty said. "I prefer to look at their record when it comes to these kinds of things — I know what they say, but I know what they've done."

Hudak fired back, saying the PCs have laid out ways to find savings, such as shutting down the province's 14 local health integration networks, as well as the Ontario Power Authority.

"We're going to spend less money than the Liberals, we're going to actually set priorities," said Hudak. "We've seen the failure of Dalton McGuinty's leadership because he threw money at every problem under the sun, and now we've ended up with a big deficit."

THE CANADIAN PRESS



Market draws local food hunters

MP seeks new role

London West Conservative MP Ed Holder has confirmed he will seek the position as Speaker of the House. MPs will elect a new speaker June 2.

All MPs names are on the ballot unless they opt out in writing for the position \$74KThe raise Ed Holder would get if elected Speaker, bringing his salary to roughly \$230,000.

AM980/AM980.CA

Look inside today's metre for the icons below and enter for your chance to WIN.







Grocery Stores



Drug Stores



Recurring Bill Payments

metronews.ca/momentum

\$10,000 cash

and one of 5 weekly cash prizes of \$2,000



Courtesy of Scotia Momentum® VISA* Card†

You're richer than you think."



- No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age. Contest closes June 19, 2011 at 12pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca/momentum.
- † You will earn 2% cash back on the first \$25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5912, 5411,5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% cash back on purchases made after you have reached the 2% \$25,000 annual max., and on all other purchases. Scotia Momentum cash back is not awarded for cash advances, Scotia* VISA Cheques, credit vouchers, payments, purchase returns, card fees, interest charges or service/transaction charges.
- * VISA Int/Lic. user The Bank of Nova Scotia. TM Trademark of Visa Int/Lic. user The Bank of Nova Scotia. ® Registered trademarks of The Bank of Nova Scotia

News in brief



Rae named Grit interim leader

OTTAWA. Bob Rae has been chosen as interim leader of the devastated federal Liberal party.

The Toronto MP and former Ontario NDP leader will fill the role until a permanent successor to Michael Ignatieff is elected. THE CANADIAN PRESS

Covote cull

HALIFAX. More than 2,600 coyotes were killed dur-

ing the first year of Nova Scotia's \$20-per-pelt bounty hunt on the animals, about 900 more than the year before.

The animals have been showing up in more populated areas in recent years
THE CANADIAN PRESS

Layton admits he can't save per-vote party subsidies

OTTAWA. Opposition Leader Jack Layton says a Conservative government plan to phase out \$2-per-vote subsidies is wrong, but it's something political parties will have to live with. The Tories are intent to start erasing the



subsidies with next month's budget, to delivered

June 6. THE CANADIAN PRESS

AG out with a bang

Retiring auditor general Sheila Fraser delivers warnings Interim AG will be named next week

Auditor general Sheila Fraser delivered a farewell address yesterday in typical blunt-spoken fashion warning government to start counting the costs of climate change and addressing the "quite tragic" living conditions of First Nations peoples.

Fraser's eventful, politically charged 10-year term as auditor general ends on Monday.

While the bespectacled, matronly 60-year-old said she believes retired auditors general should "sort of fade away," she made sure to leave with a bang.

In a luncheon speech to hundreds of Ottawa power brokers and bureaucrats, Fraser said Canada has to start measuring the massive, long-term financial



hurdles of the future.

"With our aging population, the far-reaching impact of climate change and the need to replace much infrastructure, our

Watchdog

- Auditor general Sheila Fraser is legendary for blowing the lid off the sponsorship scandal under the Chretien Liberals, famously stating in 2002 that civil servants "broke iust about every rule in the book."
- She was the third "most trusted Canadian" in a Readers Digest poll published this month (behind David Suzuki and building contractor Mike Holmes).

Canadians need to better understand the challenges ahead and how the public purse will be managed," she said.

Many other countries and several provinces, she said, provide long-term financial projections looking up to 75 years into the future. THE CANADIAN PRESS



metronews.ca o7

Our smart bombs rain on Libya

Military says Canada's jets dropped 240 laser-guided missiles

Canadian warplanes have dropped 240 laser-guided bombs on Libyan targets since March 31, the military says.

But the Canadian Forces won't reveal two other key aspects of the country's mission in Libya.

The questions:

What's the cost to taxpayers of those 227-kilogram bombs?

What's the price tag for the Libya mission to date?

Brig. Gen. Richard Blanchette revealed the number of bombs in the weekly briefing on Canada's participation in the NATO-led air campaign over Libya.

Just a week earlier, he deemed that information off limits for "operational security" reasons.

NDP Leader Jack Layton said the time has come for the government to come clean on the dirty details of Canada's participation in the United Nations-sanctioned international military campaign to protect civilians from attacks by

Military silence

- ➤ The UN-backed mission began as an effort to protect civilians but has since morphed into a ferocious assault on targets in Tripoli in a bid to drive Gadhafi from power.
- The Canadian military won't say whether Canadian pilots are part of that stepped-up air offensive.

their leader, Moammar Gadhafi.

Layton called yesterday for a full debate with Canada's participation about to enter its third month.

Meanwhile, U.S. President Barack Obama and British Prime Minister David Cameron both pledged to keep pummelling Gadhafi's forces until he is driven from power.

Obama said it will be a "slow, steady process" to beat him. Cameron said "patience and persistence" will both be needed.



Hands off the Internet, nations warned

Internet activists warned yesterday that if global leaders attempt to limit access to the web, their restrictions will be bypassed and they will become irrelevant.

The stark message adds to growing resistance — from big-name companies like Google and Twitter to anonymous Internet vigilantes who have attacked government censorship networks — against creeping laws that might

restrict services many users now take for granted.

The leaders of the Group of Eight most powerful countries were to begin meeting in France today to discuss issues of global concern in the wake of Arab uprisings that have been described as the first Internetenabled revolutions.

"G8 governments should say very clearly for once that Internet access



is a fundamental human right," said Jean-Francois Julliard, who heads Reporters Without Borders.

Julliard said more than 60 countries now have some form of Internet censorship in place, and that number is growing.

Activist Nadine Wahab said the lesson from the uprisings in Egypt and Tunisia should be: "Leave the Internet alone."

Facebook's role

- Modest: Facebook founder Mark Zuckerberg plays down the importance of the social networking website in the uprisings that toppled presidents in Egypt and Tunisia.
- No monopoly: He says the wave of protests sweeping the Arab world could have been organized by using other websites.

A real smart choice?

Younger users are driving the growing adoption of smartphones and mobile technology in Canada, suggests a new report.

It's estimated there are now more than 25-million mobile users in Canada and the younger users are ditching their older cellphones for BlackBerrys, iPhones and Google Android phones.

About 2,000 mobile users were surveyed.

Soldier jailed

A U.S. soldier with mentalhealth problems has been sentenced to 12 years in military prison after pleading guilty to killing a suspected Taliban prisoner in his jail cell. THE ASSOCIATED PRESS



Amazon activist shot

An activist fighting to protect the Amazon rainforest from loggers was shot and killed with his wife, Brazilian officials said.

The killings of Jose Claudio Ribeiro da Silva and his wife occurred just hours

before legislators passed a bill environmentalists warned will increase deforestation in the region.

About 1,150 people have been killed in disputes over preserving land.

THE ASSOCIATED PRESS



Extension rejected

Nepal's pro-monarch National Democratic Party is demanding that the term of the Constituent Assembly not be extended and fresh elections be held.

Syrian crackdown's youngest victims?

- Opposition group says some children died 'under severe torture'
- State-run newspaper quotes president as promising reforms are in store

More than 25 children, some of them tortured, are among the victims of the Syrian government's deadly crackdown on an uprising that has killed more than 1,000 people over the past two months, an opposition group said yesterday.

The Local Co-ordination Committees in Syria, which helps organize the protests against President Bashar Assad, identified the children and the circumstances of their death. Syria has blocked media access in the country, making it impossible to verify the reports independently.

The children ranged in age from five to 17. Many appeared to have been killed in crossfire, such as Mahmood Alkadree, 12, who was struck by four bullets when he went out to buy bread for his family in the Damascus suburb of Douma, the statement said

The body of 15-year-old Ahmad Radwan was found in the orchards of the coastal town of Banias, shot once in the stomach and once in the chest. Majd Ibrahim Alrfaee, a seven-year-old girl from the southern province of Daraa, died from a gunshot to the abdomen, the report said.

The statement said that 13-year-old Saleh Ahmad Alkhateeb was kidnapped by security forces on April 29 in Daraa, only to be found dead the next day "covered with the effects of severe torture."

President Bashar Assad appears determined to crush the revolt, which is posing the most serious challenge to his family's 40-year ruling dynasty. The harsh crackdown has triggered international outrage and U.S. and European sanctions, including an EU assets freeze and a visa ban on Assad and nine members of his regime. THE ASSOCIATED PRESS



Mitchell Gold +Bob Williams

Available in our Home Store - Main Floor.

The handsome Kennedy seating collection has modern grid-tufted seat & back flanked by shelter-style arms that provide a comforting embrace.



130 Dundas Street | London, ON | N6A 1G2 | Phone: 519-432-7111 | 1-800-265-1500

Hacking victims blasé with Sony

▶ Little fallout expected among people ◆ Complaints centre on entertainment giant's communication

David Campbell found out yesterday morning he was one of 2,000 Sony Ericsson customers from Canada whose personal data had been stolen and posted online for anyone to see.

He's been through a case of online fraud before and is resigned to the fact that information stored on the web is at risk. So he wasn't overly concerned to learn that his name and email were being shared

BARGAINING TARLE

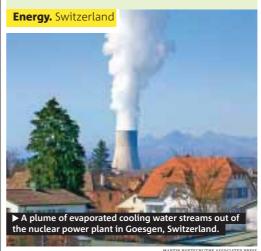
by hackers. But he doesn't appreciate that Sony didn't alert him to the latest security breach to hit the entertainment giant.

"I guess (the data breach) is disappointing but in this modern day you'd probably be a little foolish to think that anything's safe," said Campbell, who works with the Stratford Shakespeare Festival.

Sony has been hit with a number of backer attacks

in recent weeks, the most notable coming last month and affecting more than 100-million accounts of PlayStation Network and Qriocity users. Names, birth dates, email addresses and log-ins were compromised. The company said in a statement issued yesterday that hackers on Sony Ericsson's Canadian site only accessed email addresses and encrypted passwords.

THE CANADIAN PRESS



Swiss mull nuclear plan

The Swiss cabinet yesterday called for the decommissioning of the country's five nuclear power reactors and new energy sources to replace them.

Molson dynasty rules beer giant again

A seventh generation of the Molson family is taking the helm of Molson Coors as the brewer seeks to extend its global reach into emerging countries.

Andrew Molson, 43, becomes chairperson today, replacing Peter Coors as part of the biennial shift between the beer company's founding families.

The change comes as Molson celebrates its 225th anniversary of its entry into the Canadian beer industry.

Molson told shareholders vesterday the company plans to grow international sales of its existing Coors Light, Carling and Molson Canadian brands and pursue acquisitions.

Its international division grew beer volume by 27 per cent in 2010. THE CANADIAN PRESS

Post office won't shut this week

Canada Post said yesterday there is enough time to negotiate a "fair and reasonable" settlement with postal workers since there's no potential for a strike this week.

Both sides were back at the table yesterday to continue negotiations aimed avoiding a labour disruption.

"With no potential for a strike this week, there is plenty of time to negotiate a fair and reasonable deal," Canada Post said in a statement.

Under labour laws, each side has to give 72 hours' notice before beginning a strike or lock-

Canada Post rejected its union's latest contract proposal Tuesday, saying the offer would increase labour costs by \$1.4 billion but then made a counterproposal.

"Even with a continued decline in mail volumes and a \$3-billion pension solvency deficit, Canada Post has tabled a competitive counter-offer to CUPW that gives employees better wages and protects their pensions and job security," the Crown corporation said vesterday.

THE CANADIAN PRESS



Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN \$10,000 in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think.



®Registered trademarks of The Bank of Nova Scotia. †Refer to our ad in this paper.

Market moment Dollar - 0.19¢ (13,751.47) Natural gas (+ 3.2¢) Gold contracts \$3.40 US (+ \$1,526.70)

Abrupt exit for Tim Hortons CEO



Tim Hortons is hiring -Canada's No. 1 coffee chain is looking for a new leader after the abrupt departure of its CEO. The company announced yesterday that Don Schroeder, 65, no longer serves as president and CEO after three years at the helm and two decades as an employee.

Tim Hortons' board said it believes a change at the top at this time is best for the company. In the meantime, executive chairman Paul House, who has previously held the position of

president and CEO, will take on the role on an interim basis.

The board said it was already engaged in comprehensive planning for the CEO position as part of its strategic planning.

Tim Hortons did not sav why Schroeder was leaving so suddenly, but Brian Yarbrough, a retail analyst at Edward Jones in St. Louis, believes the fact that it could not reach a "transitional arrangement" is key. THE CANADIAN PRESS

Metro now on Android for readers

Metro has become the first Canadian newspaper to launch a free downloadable Android application to offer access to Metro content on the go. The app detects which of Metro's eight Canadian cities you are in.

If you have an Android smart phone and have been itching for a news application, then your wait is

METRO

Blockbuster brand plays starring role

Despite hard times, Blockbuster Canada's brand power could make it an attractive acquisition target, even as it closes stores while Canadians increasingly turn to new technology to watch movies.

But industry experts say stores would need to sell a wider variety of merchandise if they want to survive long term. Dish Network bought the U.S. locations. THE CANADIAN PRESS

CAN'T WE ALL JUST GET ALONG?

HF SAYS ...

IOHN MAZEROLLE METRO

veal about cars and bicycles: They're controlled by people. Weird, huh? It sounds Soylent Green, but it's true. If

you look closely and aren't blinded by anger, you might even see a "cyclist" or "driver" yourself.

I have a stunning secret to re-

This little-known nugget must be revealed because I have bought a bicycle. I haven't ridden it yet because the shop is adding all the doodads needed in the modern urban cycling environment -

pre-made legal forms, James Bond-style nail strip, basket with a flower on the front — but soon I'll be a cyclist.

In other words, I'm about to get a new perspective on the long-running feud that is Cars vs. Bikes. (Note the dehumanifying.)

What has always amazed me about this conflict is that the vast majority of people have both biked and driven cars. Everybody is on both sides. Yet to hear the

"My theory is that each group has an Idiot **Quotient that** ends up dominating the discussion; we literally remember the hits and forget the misses."

"discussion" you would assume it was two different species that only ever contact each other on North America's roadways.

Why? My theory is that each group has an Idiot Quotient that ends up dominating the discussion; we literally remember the hits and forget the misses.

The worst cyclists, for instance, seem to compensate for their small carbon footprint by taking up as much roadway as possible. They also have a sort of persecution complex, where they see every open car door as an attempt to

injure. And while I have some tolerance for bikes on sidewalks, it's unacceptable to barrel down a sidewalk like Fred Flintstone stuck in his runaway Stoneway piano yelling, "Make way!"

The worst drivers, meanwhile, start complaining about The War on the Car if anything slows them down, including inertia. Never mind that they can get home faster than any human in history. If a Star Trek transporter beam existed and a three-minute delay could save the Alpha Quadrant, people would rant about The War on the Beam and how it's their right to use the fastest, space-time continuum-tearingest transporter available.

So I get it: Some of the anger on both sides is justified. But as someone with both a driver's licence and a bicycle, I say it's time for a new era.

After all, are we not human? If you scratch our vehicles, do we not curse and try to remove it with our thumb? If you wrong us, shall we not give you the finger and say, "Can you believe that guy?"

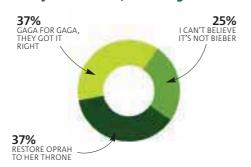
We must put aside our differences, stop stereotyping each other and remember our shared, common goal: Hatred of pedestrians. Those people are idiots, am I right?

••••• Read more of John Mazerolle's columns at metronews.ca/hesays



Register at metrolifepanel.ca and take the quick poll

What do you think of Lady Gaga dethroning Oprah Winfrey as the most powerful celebrity in the world, according to Forbes?



Local tweets



@BHRaymond: The Canadian Tire @WhiteOaks-

Mall is rammed! 5 cents off per litre with coupon. #ldnont

- @SlammBarr: Just stood in a super long Tim Horton's line. *sniff* Reminds me of the old days at #UWO.
- @SusieBeasley: Hiring #sales professionals for #thedatagroup #ldnont sales office. RT please! DM me if interested or go to www.datagroup.ca
- @WhiteCabana: If I get a #Fiat I think I'll be the only one in #LdnOnt who owns

- one. Or at least one of (if not THE) first. That would be kind of cool.
- ► @thatquyinlondon: I am thinking about organizing a Twitter/FB golf tourney for the fall. Would that interest anyone? #ldnont #ldnont #loont #golf
- @eliothong: Police repelling off of #SSC for training exercises #UWO
- http://twitpic.com/52dgje @jonwjackson: Last night the forecast for #ldnont was sunny and 24 and now it's raining. How the hell is anyone supposed to prepare for the day? #FFS

Worth mentioning

LONDON, England. Canada has cracked the top 10 in a global security assessment that ranks countries based on how peaceful they are.

The Global Peace Index ranked Canada eighth out of 153 countries, a six-spot jump over last year.

The index, produced by the Institute for Economics and Peace (IEP), suggests North America overall has improved slightly thanks in part to Canada's rise in the rankings. The United States was 82nd, compared to 85th last year. The index says if the U.S. reduced its violent crime rates to that of Canada's, the U.S. economy and its state governments could save billions of dollars on correctional services, health care and lost tax revenue.

Iceland regained the top spot after slipping in last year's index following violent demonstrations related to the collapse of its financial system, while Libya tumbled 83 spots to 143 in the largest drop in the index's history.

Overall, the index found the world is less peaceful for the third straight year.

THE CANADIAN PRESS

Cartoon by Michael de Adder



Margaritaville has moved to a **Mexican prison**

Some prisoners learn woodworking or licence-plate making. But bartending?

A prison workshop in northern Mexico where inmates were supposed to be learning trades was found to contain a bar behind bars complete with beer, vodka, tequila and billiard tables.

Federal police and local authorities discovered the bar Monday at a minimum-security prison in the northern state of Chihuahua, the state attorney general's office said in a statement.

Seized from the site were 20 bottles of vodka, 12 bottles of tequila, and 200 beer cans. Police also found three guns, 20 cellphones, 180 individual doses of marijuana and 90 doses of heroin.

The prison's deputy director was fired yesterday and prison guards are under investigation, said Jorge Chaires, a spokesman for the state's prosecutor for prisons.

Also yesterday, guards conducting a routine check at a prison in the northern state of Tamaulipas discovered 17 inmates missing, the state's Public Safety Department said in a statement. THE ASSOCIATED PRESS

METRO LONDON • 350 Talbot Street • Main Floor London ON • N6A 2R6 • T: 519-434-3556 • Fax: 888-474-3094 • Advertising: 519-434-3556 Ext. 2222 • adinfolondon@metronews.ca Distribution: london_distribution(Ametronews.ca • Publisher Irene Patterson, Managing Editor Jim Reyno, Sales Manager Charlotte Piper, Distribution Manager Rob Delvallet • METRO CANADA: President & Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, National Deputy Editor Fernando Carneiro, Managing Editor, News and Business Amber Shortt, Scene/Life Editor Dean Lisk, Managing Editor, Night Production, Matt LaForge, Art Director Laila Hakim, Business Ventures Director Tracy Day, National Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

metre scene metronews.ca

Grickle Grass Festival promotes sustainability

► Kicks off Saturday morning with events for the kids ► After dark, space transforms into three floors of music

BACKSTAGE PASS

AMANDA GRANT



It all started with Dr. Seuss.

"There's a line in The Lorax that says:

'Unless someone like you cares a whole awful lot, nothing is going to get better. It's not!'" said Katie Wilhelm, one of the founding members of the Grickle Grass Festival.

That line, and the story of Seuss's Lorax, inspired the London group 379 Collective to team up with Growing Chefs! Ontario to promote the importance of the environment to young people.

"It's important that we not only talk about living sustainably, but that we start doing it," says Wilhelm. "If we can impact children now and give them a long lasting memo-

ry of the Grickle Grass Festival where these values are instilled in them, we can begin to see a change."

On Saturday, the Grickle Grass Festival will take over the London Children's Museum, teaching young people the importance of sustainable living through gardening, yoga, reading and dance.

Children and adults alike are invited to help Growing Chefs! plant a vegetable garden at the museum that will be harvested in the fall, visit the reading room where stories about the environment will be read aloud, and participate in aboriginal dance and drumming workshops throughout the day.

After dark, Grickle Grass will entertain the 19-plus crowd late into the night with live music performances in the alternative spaces of the Children's Museum.

"We're having three floors of music," Wilhelm says. "The main floor is experimental the second

What's going on

- The High Cost of Living.
 Tonight at Museum
 London, film buffs can attend a screening of The
 High Cost of Living,
 starring Zach Braff and Isabelle Blais. Director Deborah Chow will participate
 in a Q&A following the
 screening.
- Detroit: Rock City. You can start the weekend at APK Live with their tribute to Detroit. The show, boasting a long list of local talent, will pay tribute to the motor city with anything from The Supremes to Smokey Robinson. With no cover. this night is sure to be rockin' and rollin'.

floor features hip hop and the third floor is where you'll hear our local favourites."

More than 10 artists will perform, making music in the dinosaur caves, whale room and atrium of the museum. The artists were encouraged to promote green initiatives as well, be it through their performance or transportation.

One band in particular took the message to heart. Montreal's Elfin Saddle are driving to London in a vegetable oil-fueled van and are incorporating a stopmotion multimedia presentation titled Wurld into their performance.

Grickle Grass kicks off Saturday morning. The evening, licensed events are \$15 in advance and \$20 at the door.



No more reality TV: Kirstie Alley

Has plans to take on a movie roleConsidering TV series, Broadway

After coming in second on Dancing With the Stars, Kirstie Alley says she's done with reality TV.

The 60-year-old actress said Tuesday that her time on Dancing has motivated her to return to acting with new focus and determination.

She said learning to dance on the hit show "reinspired me with all the things that I've had great success with already and sort of got complacent about."

Alley plans to take on a movie role next month. She's also looking for a new TV series and is considering Broadway.

She confessed she was sad that she and partner Maksim Chmerkovskiy didn't win Dancing. Characterizing herself as "not the average cupcake," she said her partner deserved kudos for making the oldest and heaviest contestant this season into a championship dancer.

THE ASSOCIATED PRESS





scene

Wedding bells



Another hoops star will join the Kardashian clan. People magazine reported yesterday that reality star Kim Kardashian is engaged to her boyfriend of six months, New Jersey Nets forward Kris Humphries.

Sister Khloe Kardashian and Los Angeles Laker Lamar Odom were married in 2009.

Humphries, 26, gave Kardashian, 30, a 20.5-carat Lorraine Schwartz diamond ring.

The family stars in the E! reality show Keeping Up With the Kardashians, and spinoffs including Khloe and Lamar.
THE ASSOCIATED PRESS



written with Mellencamp is



Movie reviews See it twice *** | See it now



The Hangover: Part II Genre: Comedy **Director:** Todd Phillips **Stars:** Bradley Cooper, Zach Galifianakis, Ed Helms Todd Philips' blockbuster The Hangover most

definitely captured lightning in a bottle. But the clever premise also shows

that unfortunately lightning rarely strikes twice. It's not that The Hangover: Part II isn't without its funny moments. But because Philips closely copies the structure of the 2009 hit, the gags are less surprising. STEVE GOW



Kung Fu Panda 2 Genre: Animation **Director:** Jennifer Yuh Nelson Stars: Jack Black, Angelina

Jolie, Gary Oldman **@@@**1/3 Dreamworks Animation

has stumbled onto a magic formula that's now produced a sequel on par

with the original. Kung Fu Panda 2 returns to Jack Black's big bellied panda who must now use the skills he acquired in the first film to take on a devious peacock (Gary Oldman) who plans to take over China and destroy kung fu. OPHIL BROWN

THESE PAGES COVER MOVIE START TIMES FOR THURS., MAY. 26 FOR MOVIES OPENING THAT DAY. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

LONDON

Wellington 8 Cinemas 983 Wellington Rd. S, 519-685-2529

The Hangover Part II (18A) No Passes Thu 6:40-7:15-9:30-10:10 Kung Fu Panda 2 (PG) No Passes Thu 7-9:20 Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South, 519-474-2796 The Hangage Pool Wolfey

The Hangover Part II (18A) No Passes Thu 6:55-9:45 No Passes Thu 7:10:05 Kung Fu Panda 2 3D No Passes Thu 6:50-9:20

SilverCity London 1680 Richmond St, 519-673-4125

The Hangover Part II (18A) No Passes Thu 12:101:50-2:45-4:30-5:30-7:20-8-10:10-10:40 Kung Fu Panda 2 (PG) No Passes Thu 13:45-7-9:40 Kung Fu Panda 2 3D (PG) No Passes Thu 12:30-3:10-6:30-9:10







Oprah says her goodbyes

Winfrey ends her last show with no guests → Bare-bones finale for talk show host after 25 years on the air

Oprah Winfrey walked on stage for her talk show finale yesterday to a standing ovation from her studio audience before thanking her viewers for watching for a quarter of a century.

"Twenty-five years and I'm still saying 'Thank you America," Winfrey said. "Thank you so much. There are no words to match this moment."

Winfrey told them that sometimes she was a teacher, but more often her viewers taught her. She called the episode her "last class."

The show's first moment was a clip of Winfrey's first show. She taped the last episode of The Oprah Winfrey Show on Tuesday in Chicago.

Winfrey was the only person on stage with little background music and very short flashback clips.

"When she came out, her appearance, the way she stepped on stage and the message she brought about finding yourself, your purpose," said audience member Wanda Nash, 47, of Chicago, an executive assistant and foster parent. "It was all about Oprah."

Winfrey kissed and hugged her longtime partner, Stedman Graham, and made her way through the halls of Harpo Studios, saying goodbye to her staff, audience members said.

Winfrey announced in November 2009 that she would end her popular talk show after 25 years.

Tuesday's taping came a week after Hollywood's Alist and 13,000 fans bid Winfrey farewell during a double-episode extravaganza at Chicago's United Center. They were just a few of the approximately 30,000 guests on the show over 25 years.

Comedians react

Many comedians turned to social media to contemplate a post-Oprah world. Among the notable comments made on Twitter were these:

- "Apparently Oprah is responsible for life on our planet as we know it." -Kevin Nealon.
- "I miss both Oprah and Osama. Is there a way to pair them up for something?" - Michael Ian Black.
- "Oprah Winfrey is so powerful that she had the Rapture postponed until after her final show airs." - Joan Rivers.
- "It seems so unfair! Without Oprah, how are publishers going to continue their crossfingers/hope-to-win-the-lo ttery business plan?" -John Hodgman.
- "Jesus will probably be the surprise guest. She got him started." - Paula Poundstone.
- "What can I say about Oprah that she hasn't already said about herself?" - Justin Stangel, co-executive producer of CBS' Late Show.

THE ASSOCIATED PRESS

The bare-bones final taping had its share of celebrities in the audience including Tyler Perry, Maria Shriver, Suze Orman and Cicely Tyson, but none of them joined Winfrey on stage.

The show received 1.4 million ticket requests throughout its final season, the company said.

THE ASSOCIATED PRESS







Putting the hammer down on kissing Leo

• J. Edgar star opens up about his new make out scene with co-star DiCaprio



For his latest film, J. Edgar, Social Network star Armie Hammer faced a new challenge: making out with Leonardo DiCaprio.

"It's the same kind of thing as if you walk onto a

it's not something I'm going to do in my private life, but at the end of it I was, like, man, there is a lot of weird hype.

One person who is definitely OK with Hammer

Talking points

Shriver hires private eye to look at some of the rumours

MORE CHILDREN? Maria Shriver will likely be filing for divorce by the end of the week. according to Entertainment Tonight.

And earlier this week, Radar Online re-

Celebrity tweets



Welcome!







guy who played Chew-bacca's birthday

today so we made

"this ba by just drop kicked me in the ribs. fight fair!"





"Saw @johnlegend destroy at

the Sony TV event tonight. His voice melted three women that were standing too close. So

who tells Entertainment learned the truth a week ago. • metro

husband, Rogelio Baena, Tonight he thought the child was his and only

Coppola getting ready to marry

KISS THE RING? Sofia Coppola is planning to marry her longtime boyfriend and the father of her children, French rocker Thomas Mars, according to Us

The happy couple will reportedly exchange vows at Palazzo Margherita, Francis Ford

Coppola's 19th century villa in southern Italy. Coppola and Mars have two

daughters: Romy, 4, and Cosima, 23 months. Coppola was previously married to director Spike Jonze, but they divorced in

> 2003. METRO

2% cash back at eligible grocery stores.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN \$10,000 in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think."



ports, the former Cali-

fornia first lady is said

to have hired a private

investigator to dig into

Schwarzenegger's past.

'The investigator

will likely look into the

claims that he fathered

multiple children, out-

side their marriage,

"Maria has heard

she wants to find

another, if those

Another person

completely caught

claims are true.'

off guard by

news of

Arnold

Schwarz-

enegger's

love child

employee

Mildred

Baena is

with former

the rumors and

out one way or

a source says.

husband Arnold

®Registered trademarks of The Bank of Nova Scotia, †Refer to our ad in this paper.

set and they hand you a machine gun and (say), 'Shoot this like you know what you're doing.' - You kind of have to go, 'OK, I know what I'm doing,' and you've just got to go for it," Hammer tells Just Jared.

and DiCaprio locking lips is Hammer's wife, Elizabeth Chambers.

"When I signed on to do the movie, she was thrilled that I just didn't have to another woman,' Hammer says of her reac-

"It wasn't weird - I have never kissed a guy -METRO

Going buck Wilde with Cooper

Just a month after being spotted out with Justin Timberlake, recently divorced Olivia Wilde is reportedly dating Bradley Cooper, according to Life &

"Olivia was Bradley's date," a source says of the two, who attended the Hangover Part II premiere party in New York togeth-

"He was always taking

her hand or putting his hand on her lower back, it was really sweet. He took care of her all night."

Other attendees of the party concurred with that assessment.

"They were definitely together," adds another source.

seemed really "They comfortable with each oth-



ALEJANDRO INGELMO.FASHION'S FUTURE SOLE STAR

◆ Alejandro Ingelmo is a fourth generation shoe maker who, for the second time, is up for a prestigious CFDA award ◆ He likes sci-fi and hates kitten heels.

Studio



It's warm and humid outside and his London showroom doesn't have air conditioning.

But somehow Alejandro Ingelmo manages to look cool, clean and crisp in his white button-down shirt and tie as he walks me through his collection.

His classic, slightly restrained, retro appearance is a bit deceptive, though. This is a man who makes shoes that ooze sex of the futuristic, rock and roll variety and appeal to megacelebrities like Beyoncé, Jay-Z, Madonna and Justin Timberlake.

Women who frequent the mecca that is his New York store have claimed that his tall stilettos elicit visceral reactions like shortness of breath and heart palpitations. Lucky for you, his ecommerce shop will launch in a few weeks.

Has the fact that you come from such a long line of shoe cobblers helped your career at all? Well I think I had a harder time. I went to Parsons and went in a totally different direction from my family. I didn't get any help from them. My dad is proud of me, but he doesn't understand what I do at all [laughs].

Are there any common footwear faux pas that you see on the street that make you wince?

I hate those platform shoes with the see-saw on the bottom. What are they called? They're supposed to get rid of cellulite.

But what's the point of those things? They're so bad, and they're everywhere. And I know you girls like them, but Uggs are just Ugg-ly, OK?

For the record, I'm with you on the Uggs. Do you design according to what the trends

Not really, although I know that there are some people who probably wish I would.

Are there any trends that you feel especially excited or bummed out about now?

I really wasn't into the kitten heel at all. I'm like, either make the

effort and commit yourself to the high heel or just wear flats.

out in Cuba.

► Miami-born, New York-based Alejandro Ingelmo

comes from a long line of shoe-makers who started

Learn how to walk in heels or just wear flats, you know? The kitten heel is just not that sexy.

Do you think that shoes should make a woman look sexy?

I like for my shoes to make a woman not only feel sexy, but confident and strong.

And it's the same with my men's shoes. When I wear the shoes, I want to feel sexy in them. I think we all want that.

Speaking of men's, you have a huge sneaker pimps following. The Tron style is especially hot right now. Are you a big sci-fi fan?

Oh yeah. I had the Tron Atari game when I was young.

It's funny because when I opened my store in New York, I thought I'd have all women's and just a little section of men's shoes. But now it's half women's and half men's. It's fun designing for both.

What are some common mistakes that you see women make when they purchase and wear heels? Well, a lot of them should practice first. Don't buy more height than you can handle. When a woman goes to the store, she should ask about the pitch of the shoe.

That's something that most women don't think to do. But that's what really determines how high the shoe is, it's not so much about the heel. It's all about what's happening inside the shoe.

And make sure that the shoe can hold your foot in.

You don't want to be walking down the street with your toe slipping out. I think shoes are like clothes; you want to show just the right amount.

When a toe hangs out of the shoe, that's like the footwear equivalent of bad cleavage.



Gay rights



In a numan rights campaign video, the Vogue Editor-in-Chief states, "I'm Anna Wintour in support for marriage equality. As far as I'm concerned, having the right to say, 'I do' is as fundamental as the right to vote."

The 61-year-old joins other celebrities supporting the campaign, including Julianne Moore, Marc Jacobs, and Michael Kors among others.

RICHARD PECKETT

Michelle Obama and Duches

to Buckingham Palace.

Flirty, fit and fabulous

THE KIT

Fit Kit Upgrade

If you're lugging toiletries to the gym in a Ziplock, the Lululemon Gym Essentials Kit is for you. It features removable Velcro pouches to keep wet and dry separate (because leaky sham-

poo bottles and eye makeup don't mix) and a retractable hook for easy locker latching; \$38, lululemon.com.

At 40, Tosca Reno was an over-weight, single mother who always put herself last.

Now 51, she's a sought-after

healthy-living expert and all-around inspiraHer latest book, Your Best Body Now: Look and Feel Fabulous at Any Age

the Eat-Clean Way, reveals all her healthy-eating strategies, body-sculpting workouts and amazing recipes; \$23, eHarlequin.com.

THEKIT.CA IS LIKE HAVING YOUR OWN PERSONAL HAIRSTYLIST, MAKEUP ARTIST AND DERMATOLO-GIST-ALL ROLLED INTO ONE.

When style gets swapped

• Can't find what you want in your closet? • Browse through your friend's

The beginning of a new year was to mark the end of closet clutter for Marci O'Connor.

The Quebec-based mother of two made a resolution to declutter. Having gone through a range of sizes due to weight fluctuations, O'Connor decided to finally get rid of all the garments that no longer fit and were taking up precious real estate in her closet.

But she didn't toss her unwanted items - she took them to her Facebook page.

O'Connor posted photos and descriptions of various items including dresses worn to weddings, unworn shoes as well as pants, shirts and sweaters, offering friends a chance to take their pick and encouraging others seeking to clear out their closet to follow suit.

'The first item was a black leather bag from Rudsak. I think that lasted 20 interview from Otterburn

minutes," she recalled in an Park, Que., east of Montre-

It wasn't long before word of the swap spread

2% cash back at eligible drug stores.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN \$10,000 in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think."



®Registered trademarks of The Bank of Nova Scotia, †Refer to our ad in this paper.



among other online users. "I created a Facebook page just so we could contain it and set up a couple of guidelines and rules and then it exploded," said O'Connor. "I had people from many places throughout North America and even some Europeans who

asked if they could join in." As founder of Suzieswapper, O'Connor, 40, has established a dedicated space for women seeking to talk swap and exchange clothing for free. She estimates some 1,500 swaps have taken place since its launch last year.

Clothing swaps have long appealed to budgetconscious fashionistas seeking stylish new finds for little to no money. But online sites devoted to such trades are helping widen the availability and inventory of preloved goods.

THE CANADIAN PRESS

The hot hair rescue squad

• We combed the beaches to find you the best hydrating hair treatments to protect you from a summer of sun



1 BURT'S BEES

Colour Keeper Green Tea & Fennel Seed Shampoo \$8. burtsbees.ca

It's a win-win situation for you and the environment with this ecofriendly, sulfate-free shampoo.



2 AVEDA

Sun Care Hair and Body Cleanser, \$21. aveda.com

This treatment has Morikue protein, which restores vitality to sun, sea and chlorine damaged hair.



3 KORRES

Red Vine Hair Sun Protection Spray \$17. korres.com Save the environment and protect your hair with this protection spray. The vitamin B5 ac-

tively hydrates dry hair

and leaves a silky texture.



4 BUMBLE AND BUMBLE

Crème de Coco Shampoo \$22. bumbleand bumble.com

Crème de Coco makes for an exotic shower experience thanks to both its rich coconut fragrance and its moisturizing qualities



5 DAVINES

Moisturizina Replenshina shampoo \$21. davines.com Davines' formula of fatty acids, avocado oil and almond effectively removes chlorine residue and revives weakened hair.



6 FRÉDÉRIC FEKKAI

Marine Clean Detox Shampoo \$24. fekkai.com Fekkai's marine botanicals actively detox and replenish hair with a UV shield to prevent future fadina.



7 KÉRASTASE

Soleil Huile Céleste \$37. kerastase.com

The macadamia-infused oil is designed specifically to protect against harmful UV

RICHARD PECKETT

7 deadly decorating trends

• Karl Lohnes reveals the seven home decorating trends NOT to fall in love with in 2011

DESIGN CENTRE



KARL LOHNES HOME@ METRONEWS.CA

It's easy to get caught up in the new trends each year, and so far 2011 has brought forward a huge change in home decor. The 1970s and early 1980s are dominating the looks; from punchy patterns, shiny metallics to the heaven-help-us colours of painted appliances.

Trends usually come in three timelines: five-year trends like flooring, paint colours and furniture pieces; two-year trends like bedding, towels and lighting and then seasonal trends like candles, faux florals and tabletop accessories. In short, the more money you spend on something, the longer it should fit its trend life.

Here's a roundup of this year's biggest decor trends that you'd be best staying away from.



Grey power

All this trendy grey colour that we've been seeing is simply a way to ease our eyes away from the golden-taupe colours we were decorating with over the past 10 years. Unfortunately grey will only be around for about one to two years so use it sparingly. Want a bit of grey to update your space and feel trendy? I suggest using it in small amounts like painting a powder room or adding grey bed sheets. For paint, choose cooler/grey-based paint colours; shadowy, cool colours are what's important to achieve, not the actual colour of grey.



Antique brass

There's a popularity of getting away from the shiny chrome and nickel plated finishes and going toward and unpolished brass; certainly a dramatic change. Unpolished brass; like grey paint colours is being used as a catalyst to get us away from the silvery-tones metals. I suggest using old brass finishes only on old traditionally inspired pieces. A classic old-fashioned wall sconce or brass nailhead trim on the edge of a leather wingback chair will belong forever.



Large print wallpaper

Large floral prints, metallic and velvet flocking are all reminiscent of the 1970s. Anyone who just removed the original stuff hung 40 years ago sure as heck will never be hanging it again.

I suggest using this new trend in a very selective way; use it on one wall as a focal point like behind a bed.

For less of a commitment, frame the trendy stuff in large, inexpensive Ikea frames and hang in groupings. If wallpapering the walls, be sure to prime the walls properly so that when the time comes the paper can be easily removed.



Honeysuckle pink

That bright, rich pink is (by The Pantone Institute standards) the colour of 2011. It is an optimistic colour which is 'good for the times' they say. The only way I would use it is if Pantone could magically turn me into a teenage girl. Pink is one of the most difficult colours to accept in decorating although if used properly, it becomes unnoticeable. How to use: Have it as a third colour in the room, not first or second. Some great colour combinations to incorporate pink: grey/teal/pink or brown/beige/pink.



1970s-inspired furnishings

Chrome tubular, caramel leather, owl-motifs, useless ceramic and pottery figurines are iconic of the 1970s and will most likely be admired by some born after 1970.

How to use: Selectively, one '70s classic piece can absorb itself into the room without being overly noticeable and add some charm.



Greige-stained wood tones

It's that driftwood coloured finish on wood; think of old, worn oak that has been bleached by the sun; similar to driftwood in its texture and colour. It is meant to get our eye excited about something more than just dark espresso wood tones and we are seeing it mainly on traditional-shaped furniture. How to use: in all white rooms, a small furniture piece in a guest room; it's considered the look of new country so if country decorating is your thing... go for it.



Coloured appliances

Cobalt blue, red, hunter green and orange; everybody remembers (or has seen) the avocado-coloured fridge and harvest-gold stove. Enough said.

How to use the new brightly coloured appliance trend: incorporate in a Mondrian-inspired kitchen using red glossy cupboards, yellow rubber floors, cobalt blue appliances, white countertops.... A chop-a-block of colour could look kind of cool... please don't add hunter green coloured appliances to a golden colonial oak kitchen — yuck.

Thinking about **buying a new home?**

There is **no better time** than now!

Purchase a New Construction Home* from a Participating LHBA Builder between April 9 - December 31, 2011 and receive the Ultimate New Home Housewarming Gift! ULTIMATE NEW HOME HOUSEWARMING GIFT \$7000 in savings

on after-purchase products and services for your new home, and to assist with the sale of your current home!

Information at: www.lhba.on.ca

* Purchase date is classified as when the Offer to Purchase is completed - not possession date

Update your old Furniture

▶ Revamping your furniture on a budget can be easy ▶ Experts offer a few tips for giving your worn furnishings a second life

For many homeowners, spring has brought the itch for change but not the money to do much about it.

But that doesn't mean you're stuck with Aunt Edna's floral couch another year.

More and more homeowners are rolling up their sleeves and refurbishing tables, chairs and couches themselves, designers say.

"Frugality and practicality are still at the forefront of people's minds right now, so updating and making the best of what you already have is a surefire way to save money and recycle," said Rachael Liska, senior editor at Fresh Home magazine.

It may seem daunting, especially if you're a do-it-yourself newbie, but starting small and taking your time can ease stress or anxiety.

"Think about getting a haircut, jewelry or clothes for yourself. You don't have to completely remake a piece. You can get a lot of bang for your buck, even if you're not super handy,"

said Danielle Claro, home editor at Real Simple magazine

Painting

Painting is by far the easiest way to spruce up an old piece of furniture.

A dull pine table can become a sleek modern piece with a coat or two of glossy black paint.

Enamel paint is cheap, and spray paints now come in almost any colour you can imagine, and adhere to just about any surface, said Cindy Thomas, editor and owner of Frugalsimplicity.com.

Claro suggested painting a mirror's frame with a glossy colour, or taking an old wooden Windsor chair and sanding it, priming it and coating it with a fresh spring colour like orange or turquoise.

Emily Henderson, host of HGTV's Secrets From A Stylist, offers a strict rule for painting furniture: "If the pieces are over 50 years old, don't do it," she said. "You'll lose the charm and age that makes the piece beautiful."

Staining/waxing

Instead of painting, Henderson suggests stripping and waxing old furniture to bring out the wood's beauty and colour.

Stripping and staining is a bit more work but is still a relatively inexpensive way to change things up while keeping the furniture's original look.

Don't choose a stain that's much darker than the natural wood, Henderson said, but "stick in the same tone of wood."

Embellishing/accesorizing

Painting and staining are tried-and-true techniques for updating furniture, but Liska says a fresher take is to try gilding, decoupaging, decal-ing, or embellishing old pieces with materials such as decorative nail heads, leather trim, cording and tassels.

Reupholstering

Reupholstering is a lot of work and takes practice. But Henderson swears by reupholstering and says it's not that hard if you stick to the right fabrics.

"I buy pieces for \$100 and reupholster them for \$200 or \$300," she said.

"It's a one-of-a-kind piece and it's customized for you."

THE ASSOCIATED PRESS









metronews.ca
THURSDAY, MAY 26, 2011

Make it a Tex-Mex night

◆ These Fajitas offer a twist by using beef & asparagus ◆ The Enchilada Roll-Ups are made in the slow cooker while you enjoy the warm weather

These colourful beef fajitas are filled with vegetables. Set out bowls of lettuce, chopped tomato, shredded cheese and sour cream and let the Tex-Mex fun begin!

Preparation:

- In a bowl, stir together chili powder, cumin, salt and pepper; rub into both sides of steak.
- In a bowl, combine asparagus, mushrooms, garlic, peppers, onion, oil and oregano. Then stack tortillas and double wrap in foil.
- Place steak on greased grill and vegetables in grilling basket over medium-high heat.

Close lid and grill steak until medium-rare, about 8 minutes, turning once. Transfer steak to cutting board; tent with foil. Let stand for 5 minutes.

- Grill vegetables, tossing occasionally, until tender-crisp, 8 to 10 minutes. Meanwhile, place tortillas on grill and warm through, about 3 minutes.
- To serve, slice steak thinly across grain. In bowl, combine steak, vegetables and cilantro. Serve with tortillas and desired accompaniment. THE CANADIAN PRESS/



Ingredients:

- 7 ml (1 1/2 tsp) each chili powder and ground cumin
- 1 ml (1/4 tsp) each salt
 and pepper
- 500 g (1 lb) grilling steak
- 500 g (1 lb) asparagus, trimmed; cut into quarters
- 625 ml (2 1/2 cups) sliced white mushrooms
- 4 cloves garlic, minced
- 2 sweet peppers, sliced
- 1 onion, thinly sliced
- 20 ml (4 tsp) vegetable oil
- 2 ml (1/2 tsp) dry oregano
- 6 whole-wheat tortillas50 ml (1/4 cup) cilantro

Enchilada Roll-Ups

Preparation:

- Cut each chicken breast lengthwise into 2 or 3 strips. Combine chicken with 125 ml (1/2 cup) flour and salt in a resealable bag; shake to coat.
- Heat butter in stoneware of slow cooker on stove top. Brown chicken, 3 minutes per side. Add broth, scrape up brown bits. Transfer

Ingredients:

- 750 g (1 1/2 lb) boneless, skinless chicken breasts
- 125 ml plus 30 ml (1/2
- cup plus 2 tbsp) flour
 2 ml (1/2 tsp) salt
- 30 ml (2 tbsp) butter
- 250 ml (1 cup) chicken

- stoneware to slow cooker base. Add onion, jalapeno pepper, oregano. Cover; cook on low 6 to 7 hours.
- In bowl, blend 30 ml (2 tbsp) flour and milk until smooth. Stir into chicken mix. Cook, uncovered, on high for 15 mins, or until thicker.
- Spoon mix onto centre of flour tortillas. Fold; garnish with grated cheese and olives.

 THE CANADIAN PRESS/
 CROCK-POT

broth

- 1 small onion, diced
- 1 jalapeno pepper, diced
- 2 ml (1/2 tsp) oregano30 ml (2 tbsp) milk
- Six flour tortillas
- Grated cheddar cheese, sliced black olives (garnish)

The elegance of Pirouette®

Pirouette® with UltraGlide®

UltraGlide® is the unique retractable cord feature that never detracts from the appearance of your Pirouette® window shadings.

Visit this dealer from May 1st, 2011 until August 31st, 2011 and receive a \$275 Manufacturer's Rebate with the purchase of 4 Pirouette® with UltraGlide® and \$60 for each additional unit purchased.



HunterDouglas
EXTRAORDINARY WINDOW FASHIONS

CUNEO INTERIORS

207 DURHAM ST. E WALKERTON 519-891-2170

CUNEO INTERIORS

873 10TH ST. HANOVER 519-364-1303

DINNEY'S

467 MAIN ST. EXETER 519-235-0173

ROYAL CUSTOM SHUTTERS

SHOP AT HOME LONDON 519-668-7766

SUNSET BLINDS

35 COLBORNE ST. GODERICH 519-524-5965

YANTZI BUILDING SUPPLIES

RR #1 TAVISTOCK 519-655-2014

sports

Quoted



"You could ask
27 teams and I
think they're a
little jealous at
the success
we've had ...
To get here is an
accomplishment,
but next year
we've got to beat
it."

SAN JOSE CAPTAIN JOE
THORNTON ON BEING
ELIMINATED BY THE
VANCOUVER CANUCKS IN THE
WESTERN CONFERENCE
FINALS TUESDAY NIGHT.
THORNTON LED THE SHARKS
IN PLAYOFF POINTS AND
GUTTED THROUGH GAME 5
WITH A SEPARATED
SHOULDER.



more sports.

One more round for Canucks

◆ Vancouver firing on all cylinders heading into Stanley Cup final

The excitement rippling through the Vancouver Canucks is tempered with the realization the biggest prize hasn't been won yet.

The Canucks, who have never hoisted a Stanley Cup, will be playing in the final for the first time in 17 years. They have the chance to become the first team since the 1993 Montreal Canadiens to bring the NHL championship home to Canada.

A bunch of grown men are living the dream. It's the fantasy of every kid that shoots a ball playing street hockey, or takes that first wobbling step on the ice wearing skates and carrying a stick.

"All the hard work through my life, now I have the chance to battle for the Stanley Cup," said forward Alex Burrows.

"We have to refocus, reenergize and get used to it."

Vancouver fans, who have endured 40 years of hope, frustration and disappointment, heaped loads of expectations on the best Canucks team in franchise

history.

"I'm extremely proud of my players, the organization," said coach Alain Vigneault. "Real happy for the fans.

"This has been a long time coming. Like we said at the start of the season, we were in this not to win one round (of the playoffs), two rounds, three rounds, but to get into this to win the Stanley Cup. Now we're going to get the opportunity to compete for it."

The Canucks used defenceman Kevin Bieksa's goal in double overtime Tuesday night to defeat the San Jose Sharks 3-2. Vancouver won the best-of-seven NHL Western Conference final 4-1.

"When it went in, I just yelled out 'Let's go to the Cup," said Bieksa. "It's a good feeling."

The winning goal came on a strange play after a puck hit a stanchion along the side boards. Everyone seemed to lose sight of it except Bieksa at the blue-line, who slapped it in.

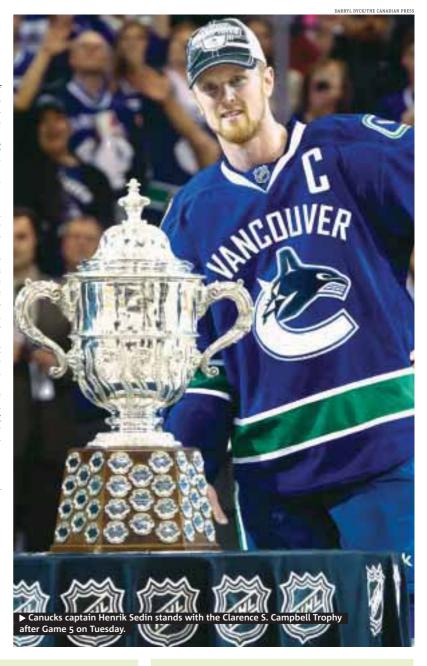
THE CANADIAN PRESS

Crowd concerns



The last time the Canucks made it to the Stanley Cup final, it ended in riots in the streets of Vancouver.

- Police Chief Jim Chu is hoping the atmosphere seen during the Olympics wins out in the final.
- "If you were a hooligan during the Olympics, the crowd policed itself," Chu said.



Djokovic, Federer advance at French Open

Novak Djokovic's perfect season is still intact and his clay-court form still looks devastating after he reached the third round of the French Open when Victor Hanescu retired yesterday because of injury.

The second-seeded Serb, who joined 2009 champion Roger Federer in the third round at Roland Garros, imNo.1 Djokovic will be assured of the No. 1 ranking in men's tennis for the first time if he makes the final.

proved to 39-0 in 2011 after Hanescu retired while trailing 6-4, 6-1, 2-3.

Federer defeated French wild card Maxime Teixeira 6-3, 6-0, 6-2

Vancouver's Rebecca Marino is moving on to the third round at a Grand Slam for the first time after a win over Spain's Maria Jose Martinez Sanchez. Aleksandra Wozniak of Blainville, Que., was knocked out of the draw by No. 1 seed Caroline Wozniacki. The ASSOCIATED PRESS

Sports in brief

Rose pleads guilty to DUI

NBA. Former Toronto Raptor Jalen Rose pleaded guilty yesterday to drunk driving, admitting to a judge that he got behind the wheel after drinking six martinis and wound up crashing his SUV.

Rose faces up to 93 days in jail and a \$500 US fine.

He was arrested March 11 after his Cadillac Escalade crashed northwest of Detroit. THE ASSOCIATED PRESS

Isles re-sign young winger

NHL. Kyle Okposo agreed to a five-year, \$14-million US deal yesterday to stay with the New York Islanders. The 23-year-old had five goals and 15 assists last season after missing 44 games with injury. THE ASSOCIATED PRESS



Big 3 turn up Heat on Bulls

• Miami defence has zoned in on Chicago offence, including MVP Rose

LeBron James is doing it all for Miami, hitting big shots and clamping down on MVP Derrick Rose.

The Heat lead the Chicago Bulls 3-1 in the Eastern Conference finals and a win tonight in Chicago means they'll be playing for a championship.

That's exactly the way James, Dwyane Wade and Chris Bosh envisioned it when they decided to join forces in the off-season. Minami is on the verge of the finals after a 101-93 overtime win on Tuesday.

James led the way with 35 points and helped contain Rose down the stretch. Bosh chipped in with 22, Wade came up with three big blocks in overtime and the bench delivered.

Now, they'll try to close this one out.

"We understand it's going to be a tough game," Wade said. "But we have the team and we have the guys that are capable of showing up and putting on a performance that we need to win the game. It's not going to be pretty, but that's not Miami Heat basketball anyway."

The Bulls' first threegame skid of the season could not have come at a worse time.

"When you look at the score, 3-1, it looks bad,"

The Bulls dropped consecutive games only four times during the regular season and never lost more than two in a row.

Chicago's Luol Deng said.

But he was quick to point out the games have been close. That's one reason he insisted the Bulls are not out of it.

"I really believe we've got a group of guys that are going to keep on fighting." Deng said. "There's no quit in that locker-room. It's really going to come down to the end of the game again."

The Bulls surprised many this season by jumping to a league-leading 62 wins, with Rose becoming the youngest ever MVP.

Along the way, they swept three close games from the Heat during the regular season. They even left them in tears after beating them in March, when they were in a five-game losing streak and appeared to be unraveling.

Now it's Miami that has Chicago's players and coach of the year Tom Thibodeau rubbing their eyes.

THE ASSOCIATED PRESS



2% cash back at eligible gas stations.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN \$10,000 in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think."



®Registered trademarks of The Bank of Nova Scotia. †Refer to our ad in this paper.

COACHING HIRE

Lakers turn to LeBron's ex-coach

The Los Angeles Lakers reached a deal in principle with former Cleveland coach Mike Brown yesterday to succeed Phil Jackson, according to a person with knowledge of the discussions.

Brown will get a fouryear deal worth roughly \$18 million US, according to the person who spoke to The Associated Press on condition of anonymity because Brown hadn't yet been formally hired.

The Lakers released a statement later yesterday confirming the club hopes to make Brown the 22nd coach in franchise history.



"We've met with Mike and are very impressed with him," said the statement from the Lakers' public relations. "In addition, we have an outline for an agreement in place and hope to sign a contract within the next few days."

With a strong interview last weekend, Brown became the top candidate for the daunting challenge of succeeding the 11-time NBA champion Jackson with one of the NBA's iconic franchises. The Lakers' 16 NBA titles trail only

the Boston Celtics' 17 in league history.

Rather than promoting one of Jackson's assistant coaches, the Lakers are changing course after an abrupt end to their twoyear title reign.

Kobe Bryant endorsed Jackson assistant Brian Shaw for the job, but Jim Buss — the Lakers' executive vice-president of player personnel and the son of owner Jerry Buss — became intrigued by Brown after the interview.

A respected tactician with a strong pedigree, Brown has experience with big games and stars, even if he couldn't get Le-Bron James a title.

"Mike Brown is a great coach," James said in Miami. "I respect him. He definitely helped me become who I am today."

THE ASSOCIATED PRESS

Coaches jump into NFL labour court battle

NFL coaches are teaming up with the players in their legal fight to end the owner-imposed lockout.

The NFL Coaches Association filed a brief with the 8th U.S. Circuit Court of Appeals yesterday expressing support for the players and saying that the lockout is putting their jobs in jeopardy.

"Owners and fans increasingly demand immediate success, and coaches whose teams cannot fulfil such severe expectations face likely dismissal, which means the uprooting of families, economic dislocation and a significantly less promising career path," lawyers for the NFLCA wrote.

No individual coaches were identified in the brief, which said that the eight new coaches hired this year face particularly daunting odds of success if the lockout is not lifted soon. The NFL grants new coaches two extra summer minicamps to get players familiar with the new staff, and the elimination of those camps puts them at a competitive disadvantage heading into the season.

"To meet management's expectations, coaches need adequate time in the off-season to prepare their players for the season ahead," the filing said. "Each day lost in preparing for the season further diminishes coaches' opportunities to prove themselves and advance their career."

NFL spokesman Greg Aiello said the league was not surprised by the filing.

"The Coaches Association offices with the Players Association in Washington," Aiello wrote in an email to The Associated Press. "So this comes as no surprise."

The 8th Circuit has set a June 3 hearing to hear arguments on whether the lockout is legal. A federal judge in St. Paul, Minn., initially ruled that the lockout was illegal, but the 8th Circuit put a stay on that ruling pending the appeal.

THE ASSOCIATED PRESS

HEALTH & BEAUTY

Fitness

Lifestyle Sessions

Join a Personal Trainer in June to talk about

personal fitness, nutrition and wellness.

\$99 for 4 weeks – healthy snacks included!

Downtown London office 343 Dundas St.

Starts June 2nd 12 - 1pm.

Prepare for a healthy lifestyle!

www.vital-fitness.ca anna@vital-fitness.ca

HELP WANTED

Office Help

New Location! Now Hiring F/T & Summer All Positions Avail. CSR, Marketing, Sales and Management No Exp. Reg. Call NHS today: 519 913 3140 Mon - Fri

General Help

eeking Full Time epresentative

to help keep up with our ever growing business demands. Earn avg. of \$800 per week. No experience necessary.

Training provided for accepted applicants. Students welcome. Fantastic career opportunities!

Please email resume to nrussell@summittenergysales.com

Cars & Trucks for Sale

Business Opportunities

\$250k + 1st Year Income Opportunity **Looking for Serious** entrepreneurs As seen on Fox Business Report Visit www.svstoday.com

AUTOMOTIVE

Cars & Trucks for Sale

2002 VW PASSATT

ONIYI 1/17 km \$4,550 as is! Dennis Krogman Auto Sales - Since 1973 448 York St. London, Ont 519-438-1182

Cars & Trucks for Sale

519-680-1900

2008

LEXUS IS 250

72,000 KMS

Leather.

Moonroof.

Sport Package

2008

I FXI IS RX 350

76,000 KMS

Lease for \$499

a month, inc. Tax!

2008

CHEVORLET

COBALT YELLOW

51,920 KMS

Sport



1065 Wharncliffe Road S. London, Ontario N6L 1J9





Z1308

2007



Moonroof



2010 HYUNDAI

\$26,995

\$20,995

\$17,995



\$24,995

GENESIS 10,500 KMS V6, 6 spd, Leather Xenons, Bluetooth

\$12,995



Cars & Trucks for Sale

2004 RMW 220

4 door, 5 speed ONLY! \$11,997 ONIY! 135 km Dennis Krogman Auto Sales - Since 1973 448 York St. London, Ont 519-438-1182

Does your parrot talk too much?

Place your ad in **Metro classifieds** metroclassifieds.ca 1 800 527-6767

2004 HYUNDIAI ELANTRA GT

4 door, 5 speed ONLY! 111 km ONLY! \$5,377 Dennis Krogman Auto Sales - Since 1973 448 York St. London, Ont 519-438-1182

Financial

LOW SPRING RATES! GET OUT OF DERT NOW! GET CASH FAST! REGAIN FINANCIAL FREEDOM! BETTER LOAN RATES! GOOD, BAD CREDIT, EVEN BANKRUPTCY, DEBT CONSOLIDATIONS! PERSONAL LOANS, BUSINESS START UP AVAILABLE, HOME RENO, 15T & 2" MORTGAGE, MEDICAL BILLS, LOANS AVAILABLE FROM \$2,500K TO \$1M NO APPLICATION FEES. NO PROCESSING FEES, FREE CONSULTATIONS. QUICK, EASY AND CONFIDENTIAL, CALL 24HRS TOLL FREE 1-800-466-8135

Garage/Yard Sales

Garage/Yard Sales

SELL YOUR STUFF SPEND LESS, MAKE MORE!

For a limited time all yard sale ads will receive: 2 days for \$20 taxes included! Good for ads on Thursdays and

Fridays. Full colour. Free design.

Call 1 800-527-6767 and book today!



GARAGE/YARD SALES

Garage/Yard Sales



3rd ANNUAL Bike Tour Rummage Sale & BBQ. Saturday, May 28 8am-1pm. Corner of Bradley Ave & Dearness

All proceeds go to RONA MS Bike Tour participants' fundraising.

to the

cottage?

Place your ad in

Metro classifieds

metroclassifieds.ca

1 800 527-6767

Financial

HOUSEHOLD SERVICES Tired of going

General Services



DO YOU SUFFER FROM THE ANNOYING SYMPTOMS OF DUST MITE ALLERGIES??

Participate in a clinical research study testing the effect of an investigational medication on the symptoms associated with Dust Mite allergies. Call now to see if you qualify

> Contact KGK Synergize Clinic: 519-858-8359 clinic@kgksynergize.com www.kgkclinic.com

Participants are compensated up to \$8300 for



Too busy to do groceries?

GROCERY GUY

I Shop & Deliver for you! For more information contact mel arocervauv@roaers.com

519-636-8533

Cleaning Services

Residential House Keeping Experienced, reliable, low rates LET ME TO ALL YOUR DIRTY WORK Call (519) 680-1859

Landscapers/Gardening

Top Soil Ontario's finest - black loam, screened For lawn and garden, brick or playsand. Gravel, chips and dust, mulch, 7 kinds, washed stone, all sizes. Delivered. Good prices. No HST. 519-451-4816

Does your parrot talk too much?

Place your ad in **Metro classifieds** metroclassifieds.ca 1 800 527-6767

Movers

Make the easy move! Sprint Moving Service Bonded, insured, 24/7 services, Rates start at \$60/hour Free estimates theeasymove.ca (519) 859-4770

Trades

• Painting • Taping • Dry Walling • Are your walls in need of Painting, or Dry Walling? Still have unfinished projects? Call Chuck at 226-234-5928

MISCELLANEOUS

Travel & Entertainment



Best pricing for all situations. Up to 8 passengers for any event. Properly insured Safe and luxurious ride and comfort. Help with planning your evening. Experienced and professional drivers. Check out our pricing for weddings, Bachelorette or bachelor parties, casino nights, proms, or any time out when not driving is a luxury in our cars. Call for excellent pricing for all events. **519-423-6669/1-877-434-2462**

YOU



INIS.

DOWNLOAD THE NEW METRO APP for your BlackBerry, iPhone and iPad.







Crossword

Across

1 Rue the workout 5 Conks on the noggin

12

15

18

24 25 26

31

34

47

51

- 9 Rx safety arp.
- 12 Glimpse
- 13 Emanation
- 14 Filch 15 Sort of basketball
- shot
- 17 Lamb's dam
- 18 Skilled
- 19 Occurrence 21 "People" rival
- 22 Big name in Cuban
- history
- 24 Present 27 Curved line
- 28 Pitch
- 31 Blunder
- 32 Ultramodernist
- 33 Suitable 34 Bump into
- 36 X rating?
- 37 Crucial time
- 38 Made comfortable
- ⊿0 Exist
- 41 Secret society
- 43 Beachwear for a
- baby 47 Actress Mendes
- 48 Type of swim com-
- petition
- 51 Scale note
- 52 Green land
- 53 Pinnacle 54 Piercina tool
- 55 Highway
- 56 For fear that

Down

- 1 Romeo
- 2 String

3 Gardener, at times

- 4 Barely manage 5 Money of Thailand
- 6 "— Father, who ..." 7 Expert
- 8 Cut into boards 9 Mooch
- 10 Puzzle direction 11 Help a hood
- 16 "— the season ..."
- 20 Doggy doc 22 DJ legend Alan
- 23 Pedestal occupant 24 Jewel
- 25 Angei
- 26 Plummet

27 Initial stake 29 Hot tub 30 Pigs' digs

35 Mai — (cocktail) 37 Health plan cover-

13

32

36

49

50

22 23

16

35

39

48

52

55

38

- 39 Less risky
- 40 Urban transport 41 Arizona city 42 Acknowledge
- 43 Start a garden
- 44 Bia buildup 45 Milwaukee products
- 46 Libretto 49 Carnival city

50 Mound stat

➤ Yesterday's answer

53

56

S	L	U	G		W	Α	D		Т	1	L	E
Р	U	R	R		E	M	U		0	Т	1	S
1	Т	S	Α	F	Α	C	T		U	S	E	S
Т	E	Α	P	0	Т		Ç	A	R	Α	F	E
			Н	U	Н		Н	1	N	D		
F	В	1		R	Ε	D		R	Ε	Ε	F	S
L	E	Т	S		R	U	В		Υ	Α	L	E
U	N	S	Α	Υ		Е	L	М		L	Y	E
		Α	D	0	S		0	Α	R			
Р	0	D	1	U	Μ		S	М	U	D	G	E
E	R	Α	S		T	Т	S	Α	Т	R	Α	P
L	E	Т	T		T	0	0		Н	0	P	1

-	-	-	~		7.7	4.0	-		,		-	-
P	U	R	R		Е	M	U		0	Т	1	S
1	Т	S	Α	F	Α	C	T		U	S	E	S
Т	E	Α	P	0	Т		Ç	A	R	Α	F	E
			Н	U	Н		Н	1	N	D		
F	В	1		R	Ε	D		R	Ε	Ε	F	S
L	E	Т	S		R	U	В		Υ	Α	L	E
U	N	S	Α	Y		Е	L	М		L	Y	E
		Α	D	0	S		0	Α	R			
Р	0	D	1	U	Μ		S	М	U	D	G	E
Е	R	Α	S		1	T	S	Α	T	R	Α	P
L	E	T	T		T	0	0		Н	0	P	1
F	0	E	S		Н	Ε	M		S	Р	Ε	C

Sudoku

10

14

17

33

19 20

40

28

6		2	8	7	4		3
		5			7		
7	8					2	6
			6	8			
	1					6	
			4	2			
8	2					9	7
		9			1		
5		7	1	9	2		4

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

B	1	9	4	2	9	5	0	7
4	7	9	6	8	5	2	1	3
	2							
9	3	8	5	7	1	4	5	6
1	6	4	9	5	3	8	7	2
2	5	7	8	6	4	3	9	1
3	4	1	7	9	2	6	8	5
7	8	2	5	4	6	1	3	9
6	9	5	3	1	8	7	2	4

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Bavinski, I love you with all my heart. I'm so glad I met you and I wouldn't change a thing if I could. Going on 2 years and it only gets stronger with each day. I love to think about the life we have ahead of us. No matter what the issue is our strength will get us thru. B

Baby Cakes, I just wanted to say how much I love & care about you...You truly are an amazing man and I'm so happy that you came into my life love always and forever..xoxo P.S Happy Anniversary. CAREBEAR

Michelle, Hi! Happy Birthday! I miss you so much! I hope you have the best Birthday, new year and everything you could ask for. I hope life treats you well, and every wish is accounted for! I love you so much! Can't wait to see you! xoxox PAUL



Today's horoscope

T Aries March 21-April 20 Put yourself forward and take initiative today. Make your own decisions. Taurus April 21-May 21 You

will face many challenges over the

next few days, but you have what it takes to survive and to thrive. II **Gemini** May 22-June 21 A book or film will broaden your

horizons today and raise your understanding to the next level.

Gancer June 22-July 22 Something of a joint nature needs to be handled carefully today, but it also needs you to make a final decision.

know what you are thinking, but don't be too blunt or you may make it harder to get support. MP Virgo Aug. 24- Sept. 22 As a

Virgo, you have a serious destiny. You don't know what it is? You will soon. Look at the bigger picture. **← Libra Sept. 23-Oct. 23** Avoid extremes today but don't avoid a challenge. Tackle tough tasks. M Scorpio Oct. 24-Nov. 22 If

you are mindful of other people's needs today, you will accomplish a lot. Leave your ego at home.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

₹ Sagittarius Nov. 23-Dec. 21 You've got a lot on your mind, but the answers may come easier if

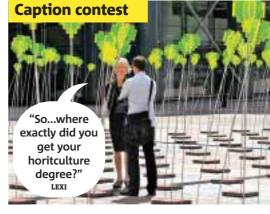
u let your hair down a bit. you let your nam down a 2....

V Capricorn Dec. 22-Jan. 20 Some people need motivating, others need loving. To you, both will come easy. It's the perfect balance. Aquarius Jan. 21-Feb. 18 Do something that makes important people sit up and take notice. H Pisces Feb. 19-March 20. If

there's someone you want to im-

press, it's time to turn on the

charm. SALLY BROMPTON





Write a funny caption for the image above and send it to plav@metronews.ca the winning caption will be published in tomorrow's



Las Vegas Air + 4 Nights

INCLUDES accom on the strip. Departs Jul 17/swg/wg.
UPGRADE to 4-star Luxor Hotel from \$13 per night.

I 866 83 I 2260 | flightcentre.ca

Conditions apply, Ex: Toronto. Package prices are per person, based on double occupancy for total length of stay stated. Prices are for select departure dates and are occurate and subject to availability at advertising dea monisions excepted, and subject to thonge. Taxes & fees include transportation related fees, CSTHYS! and fuel are approximate and subject to change, swg/wg=surwing. Head office address: I Dundos St W Suite 200, Tor retail facations. ON TR. RES #461/385.



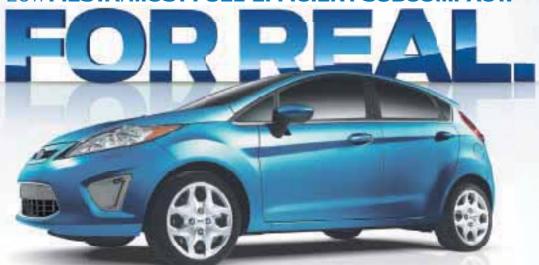


FOR OFFICE SOLUTION FOR STREET FO

than any other brand.



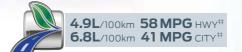
2011 FIESTA, MOST FUEL-EFFICIENT SUBCOMPACT.



2011 FIESTA SE 5-DOOR

OWN FOR ONLY \$129¹¹@ 2.99%

Offer excludes taxes.



Financed bi-weekly for **72** months with $^{\$}\mathbf{0}$ Down.

Now, not only will you go further, so will your money.

Purchase Finance as low as

OFFI

Or OFFERS NOT \$4000^{tt}

+

Eligible Costco members receive



ON SELECT NEW 2011/2012 MODELS.



Get $\mathbf{0}^{\text{\%}}$ APR purchase financing for $\mathbf{72}$ Months on most 2011 Escape Models including Hybrid

PURCHASE \$168*** 0% APR

AN ESCAPE \$168*** 0% APR

XLT AUTO

Financed bi-weekly for 72 months

with \$0 Down. Offer excludes taxes.

2011 **ESCAPE** HYBRID

INCLUDES \$1000 COSTCO INCENTIVE

FUEL ECONOMY*

6.5L/100km 43 MPG HWY*

5.8L/100km 49 MPG CITY*2

PURCHASE \$19,979*
A FUSION SE \$19,979*
AUTO
Offer Includes \$4000 Manufacturer Rebate and excludes taxes.

INCLUDES \$1000 COSTCO INCENTIVE

BEST-IN-CLASS
FUEL ECONOMY*

5.4L/100km 52 MPG HWY*

 $\mathsf{Get}\ ^{\$}\mathbf{4,000}"\ \mathsf{Manufacturer}\ \mathsf{Rebate}\ \mathsf{on}\ \mathsf{most}\ \mathsf{2011}\ \mathsf{Fusion}\ \mathsf{Models}\ \mathsf{including}\ \mathsf{Hybrid}$

Our advertised prices include Freight, Air Tax, PPSA and the Stewardship Ontario Environmental Fee. Add dealer administration and registration fees of up to \$799, fuel fill charge of up to \$120 and applicable taxes, then drive away.



Drive one.ontarioford.ca